

01

10 GREAT REASONS to become a **SPORTS & EXERCISE SCIENTIST**

02



CHOOSE YOUR DESTINATION

From elite sport, healthcare and research to teaching, product development and data analysis - *what will your career path be?*

03



TACKLE HEALTH CHALLENGES

Develop new ways to increase physical activity to reduce the risk of diseases such as diabetes and cardiovascular disease. *Prevent millions of deaths a year by getting people more active!*



04



MAXIMISE ATHLETIC PERFORMANCE

Refine technique, personalise nutrition, increase confidence... Advances in sports science enabled the 2 hour marathon barrier to be broken - *what could be next?*



05



PREVENT INJURY

Assess risk factors using state of the art technology and develop prevention strategies to reduce the number and severity of costly injuries.

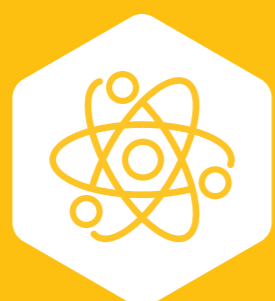
06



BOOST MENTAL HEALTH

Use exercise as a mental health boosting medicine which can improve mood, self-esteem and cognitive function. *Did you know exercise is an effective intervention to improve depression, anxiety and distress?*

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ADVANCE RESEARCH

Become an expert, gain respect and influence the future! Research groups use cutting-edge science to answer novel questions to progress our understanding of how the human body adapts to exercise.

08



INFORM POLICY

Have meaningful impact by informing policies which govern how we work with athletes, ensure the safety of sport and address the public health agenda.



09



CONTRIBUTE TO THE ECONOMY

150,000 sports and exercise jobs in 2019 contributed £4 billion a year to the UK economy. *Scan to read the report findings from The Physiological Society.*



10



ENJOY YOUR FUTURE

Turn your passion for sport and exercise into a career where you can make a difference. *Check out the British Association of Sport and Exercise Science's (BASES) career guide.*



BSc (Hons)
Sports & Exercise Science



Lancaster University
Medical School